



Carer Wellness Classes

Designed to support carers to maintain or improve your general health and wellness:

- ✔ 1:1 and group sessions available at home or in clinic
- ✔ Flexible session times, join us at the same time your loved one is receiving their services
- ✔ Delivered by AQ Health's physiotherapists, exercise physiologists, occupational therapists, music therapists, and more.



AQ Health keeping you well and able longer with:

Wellness & Reablement Programs

- ✔ Music Therapy program
- ✔ Cognitive Stimulation Therapy classes
- ✔ Get Up & Stay Falls Prevention program
- ✔ Small Group Exercise classes
- ✔ Parkinson's Warrior program
- ✔ Carer Wellness program.

Allied Health Specialist Services

- ✔ Physiotherapy, exercise physiology, occupational therapy, music therapy, and more
- ✔ Orthopaedic rehabilitation
- ✔ Pain management
- ✔ Falls prevention
- ✔ Hydrotherapy
- ✔ Memory screening and cognitive assessments
- ✔ Home modification assessments and assistive aid prescriptions (i.e., walkers, wheelchairs).

Programs and services can be accessed under government CHSP, HCP, and CDM programs. You can also pay for AQ services privately.

